



20 July 2024

Emily Palmer - Nutrition & Lifestyle Plan

Reason for Visit:

Nutrition Advice (sports)

Points Discussed

- It is important to focus on **whole body health**, rather than just weight. We are all unique in the way our body is made and what our body's strengths are. Some people will be heavier which is a reflection of their bones and skeleton, their muscle mass, the way their body holds water, and their age and stage through puberty. At 12 years, girls will vary in shape and size immensely so it is important not to compare with others. Your body is still changing and developing so it needs the right foods to help give you energy for swimming, and for learning at school as well as keeping you healthy and enabling your body to grow, develop and go through puberty with ease.
- **A balanced whole foods approach is extremely important.** Make sure you try to eat foods that you know where they've come from e.g. an egg or a piece of steak comes directly from an animal, some carrots were grown in a field/garden. Many convenience foods and 'junk' foods are made of multiple ingredients that have been created in a factory - they are synthetic and ultra-processed. The more processed a food is the less healthy it will be - it can lead to disruption of hormones, being overweight and other chronic health problems. These may not be noticeable now, but will likely cause problems later in life.
- It is, however, important to **not worry about the food you eat**. Eating convenience foods, junk foods, party foods, etc are fine occasionally and especially if they are part of a family/friends gathering. It's just best to avoid them as your everyday foods.
- We all need to eat a **balance of macronutrients (carbohydrates, proteins and fats)**:
 - **Carbohydrates** - provide the fuel and energy for your body to swim, to think etc. We often think of carbohydrates as bread, pasta, rice, but it's also found in fruit and vegetables. Aim for **complex carbohydrates (eg wholegrains, seeds, brown rice/pasta, wholemeal/wholegrain breads, oats, beans, vegetables)** most of the time as these are best for releasing their glucose slowly, don't spike blood sugar levels (making us feel super energetic to start with,

then making us feel tired and moody later on), and give us fibre to help our gut. **Simple carbohydrates (eg fruit, muffins, white bread, jam)** can be used pre-training or pre-race to get your energy levels up quickly.

- **Protein** - essential for building and repairing muscle, and for maintaining healthy hormones. It includes: red meat, chicken, eggs, fish, yoghurt, milk, chia seeds, tofu, beans.
- **Healthy Fats:** also provide our body with fuel, particularly where the activity is low intensity and long duration (like a marathon swimmer). It also essential for moving some nutrients around the body, for supporting brain and nerves and for healthy skin. Healthy fats are found in olive oil, nuts, seeds (esp. chia), tuna, salmon, avocado. We also have useful fats in meats, and dairy products (I usually always recommend full-fat products).
- We also need to eat **micronutrients**. These include vitamins and minerals and are generally found in meats, fish, wholegrain, fruit and vegetables. So by eating a balance of whole foods every day, you'll likely be eating a range of vitamins and minerals.
 - 'Eat a rainbow' of fruit and veg across the week (each colour offers different nutrients)
 - Convenience foods that state they're high in X,Y, Z often contain a synthetic version which is not as well absorbed by the gut as the ones found naturally in whole foods, so no real benefit.
 - Female athletes are often lower in iron, B-vitamins, potassium and sodium than men, so another reason to eat a wide range of whole foods.

Action Steps:

Nutrition/Food Steps	Lifestyle Steps
<ul style="list-style-type: none">● A balance of whole foods. Breakfast, lunch and dinner, with morning tea and afternoon tea if needed - more likely on a swimming day.● For breakfast/lunch/dinner, aim to eat the equivalent of (plate is average size, not super small or super big):<ul style="list-style-type: none">● half a plate of vegetables (green veg, carrots, salads etc),● quarter plate of wholegrain (rice, pasta, bread) or starchy veg (potato, pumpkin, sweet potato),● a quarter plate of protein (meat, fish, beans etc),● thumb size of healthy fat.● Pre-training have something that is easy to digest and gives your body glucose, e.g. a piece of fruit, a smoothie. After training, aim to be home and eating breakfast within 30 mins, if not possible take a well-balanced breakfast with you eg overnight oats, chia pudding, savoury veg & cheese muffin, smoothie.	<ul style="list-style-type: none">● Ideally, 9-10 hours sleep for a 12 year old. Aim to be asleep by 8.30pm on swim nights and 9pm on other nights. This may mean less reading time, or moving that earlier. If this is difficult, may need to look at general sleep hygiene in another appointment.

	Swim Day	Non-swim Day
Pretraining (5am)	Fruit or small Smoothie (A)	N/A
Breakfast (7.45-8am)	In car: Overnight oats with chia or Protein-packed Smoothie or Chia Pudding or h/m veggie-packed sausage roll Or At home: same as non-swim day	Eggs (scrambled with chopped baby spinach mixed in) with Wholegrain Toast or Shake & Go Pancakes (see recipe note)
Crunch & Sip/Recess (10/11am)	Veg (cucumber, tomato, celery/carrot sticks), then h/m muffin, pretzels, etc	
Lunch (1pm)	Leftovers, Zucchini Slice, H/M Pizza Scrolls, H/m sausage rolls, Wholegrain Wraps with Chicken & Salad filling with more salad/raw veg.	
Afternoon Tea (3.15pm)	Fruit, Yoghurt, Nuts & Seeds Or Chia Pudding, H/m banana bread, Ryvita & PB* with apple slices	
Dinner (6pm)	Continue as you've been doing before, with main protein, plenty of veg, wholegrain as discussed previously	

*consider switching peanut butter brands to Mayvers <— much healthier

Recipe notes:

Smoothie A: fruit, oats, coconut water

Protein-packed Smoothie: fruit, greek yoghurt, oats, chia seeds, small handful of baby spinach

Overnight oats: <https://downshiftology.com/recipes/overnight-oats/>

Chia Pudding: <https://downshiftology.com/recipes/how-to-make-chia-seed-pudding/>

Shake & Go Pancakes: see rise&shine ebook below

For more breakfast and lunchbox ideas, I highly recommend these ebooks. They're written by a naturopath, and I do receive an affiliate income, but they are awesome, easy, tasty and healthy!

Rise&Shine ebook: <https://wellnourished.com.au/product/rise-and-shine-well-nourished-breakfast-ebook/ref/60/>

Lunchbox ebook: <https://wellnourished.com.au/product/well-nourished-lunchbox-ebook/ref/60/>.

Final Comments:

- Whilst It is normal for periods to be irregular for the first few years, and may not settle down fully until late teens/early twenties, it is important to monitor them if you continue with athletic training. Periods stopping can be an indication that you are not getting the right type or amount of nutrients to support hormone health and may have implications on future fertility. Other signs that your nutritional intake may need tweaking include tiredness, lack of energy, loss of performance level, moodiness.
- I recommend reviewing these recommendations:
 - If you increase your activity level further
 - When your body has further developed
 - If you notice any of the above symptoms.

Please reach out if you have any questions with the above information or any other questions or concerns.

Prepared by: Julie Landon (Nutritionist)